100 Day Keto Challenge Planner

Are you ready for the 100 Day Keto Diet Challenge? Even on the hardest day this scratch off Tracker will help you stay strict on your KETO diets. To Start simply mark down your Starting weight and goal weight. Write 10 rewards that are meaningful to you. Fold them up and put them in a jar. Start on Day 1 and for every day you stick to your plan scratch off the corresponding day to reveal some Keto motivation. After 10 days with no cheats scratch off the corresponding Milestone and pick a reward from the Jar. Each 10 day period will have a weigh in and you will record your progress. When you notice your first 5lb weight loss you get to scratch a progress reward and treat yourself to the prize hidden below. YOU HAVE EARNED IT! Don't forget about those NSV (Non Scale Victories) You can track those as well. 100 Days to CHANGE YOUR LIFE! WILL YOU TAKE THE CHALLENGE?

- ✅ Scratch Off Progress Markers As You Go And Reward Yourself For Achieving Milestones.
- ✅ Pin This Guide To Your Wall Or Using Magnets On Your Refrigerator As A Tracker For Success.
- ✅ New To Keto? Motivation Is As Important As Macros , Ketone Or Any Breath Analyzer.
- ✅ One Of Our Best Sellers For A Cornucopia Of Reasons, Helps You Not Cheat On Low Carb Foods Diets
- ✅ Forget Supplements, Strips, Ketones And Keto Cookbooks. This Is Pure Ketogenic Diet Motivation

Customer reviews

This concept is simple and brilliant. As a busy mom I realized if I can use a chart to toilet train toddlers and get my teenagers to do their chores, then maybe I could use one to motivate myself. Why shouldn't I get rewards for being good? I am so glad I found this poster. This mom needed a mom to tell me "good job, you're awesome." Now if only I could earn treats for pooping in the potty and doing dishes. I would be in heaven! It offers a great mix of scale and non-scale victories and suggested rewards and custom rewards you make yourself so all in all you get a visual of your progress and a steady stream of encouragement. I have already told several friends. As a health

coach myself, I hear all the time "I just can't get back on track, I just can't get going again." This is simply awesome. I wish I could order them in bulk for gifts!

19 people found this helpful

Product Safety and Compliance Details

Some states prohibit the sale of products intended for weight loss or muscle building to individuals under age 18. Check your local laws prior to purchase.

Product information

Customer Reviews	**4.3** *4.3 out of 5 stars* 201 ratings 4.3 out of 5 stars
Best Sellers Rank	#368,939 in Health & Household (See Top 100 in Health & Household) #492 in Fat Burner Supplements
Date First Available	March 7, 2019

Warranty & Support

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